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LEARNING TO OPEN YOURSELF TO MEDIUMSHIP

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

In my opinion, it's easy to understand and accept the idea that we are more than our physical bodies. It can be easy to meditate each day and find the quiet within and around us. It can even be easy to trust that we can connect with our higher selves to gather information while we are in expanded states of awareness. However, when we throw in words like "mediumship" or "remote viewing," suddenly connecting to our intuition can become more intimidating. Somehow, our preconceived notions of such things can add a layer of distraction that blocks us from our intentions. I know this happens to me. I have so many judgments (good and bad) about the word mediumship that I suddenly don't trust my natural abilities when I begin meditating with the intent to communicate with a source outside myself. So, with this in mind, I'd like to discuss ways to open to mediumship that can make it easier and more comfortable for anyone to do.

Get comfortable in the quiet of meditation

The first step in mediumship is also the first step in any variant you'd like to use to gather information and/or connect with your higher self: just get comfortable in the quiet of meditation. Being comfortable with yourself and your thoughts is extremely important in any form of meditation; otherwise, you can get in your own way. This is why the first thing I do when conducting any meditative exercise is to just practice a few minutes of mindfulness. I get fully comfortable and notice what I hear, what I smell, how I feel, and what, if anything, might be blocking me. I fully occupy the moment in peace with myself until I'm ready to move forward.

Focus on opening up and receiving information from your higher self or your guides

As mentioned, terms like "medium" or "mediumship" might throw you off. Instead, just let yourself exist in meditation with an openness to receive any and all information from your guides or your higher self, however you might perceive it. Sometimes, in meditation, we receive information through visual cues. Other times, we may hear things, or perhaps feel something strongly. There are many ways to perceive

information from all of your senses, so be open to any information presenting itself in whichever way it does.

Trust what you are receiving

It can be easy to get tripped up on this step. Perhaps a phrase enters your mind out of nowhere. Or perhaps you “see” something that surprises you. Whatever the case, trust what you are receiving and take it seriously. Many times, we are our own worst enemies, telling ourselves, “Well, *that* couldn’t have happened.” I’ve told myself time and time again that I just have an active imagination. And while this could be true, it can also hinder the process by disbelieving what is happening. You need to be clear and open with yourself to take everything you experience seriously. With this step, I would also add that journaling everything you perceive is valuable. Be sure to actively take notes, otherwise you may forget what you experienced. You will likely want—possibly even need—to reference this information down the line. Sometimes things don’t make sense until a few hours, days, or even weeks in the future. Keeping clear notes is the best way to ensure you have your experiences to reference when needed later.

Set intentions

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Take mediumship programs at Monroe

The best way to learn any skill is through training and practice. Mediumship is no different. Consider taking one of the “Sensing Spirit” or mediumship programs or workshops at the Monroe Institute. Follow your guidance on which program speaks to you. I’ve found myself in many Monroe programs that I didn’t originally expect or plan to be in, and the ones that I “fall into” tend to be the ones that impact me the most. Learning to meditate in different Focus levels, listening to your guidance, and expanding your overall “bandwidth” of awareness can support you in many facets of life. Mediumship is just one of them. But if you’re reading this article, and it is calling you, I highly recommend taking a mediumship program at Monroe!